

# New Computer Skills Upgrade Babyland's Managerial Ability

Babyland Nursery's administrative staff has begun utilizing the NCC Central Computer System. A complete system of procedures, inputs, processing and reports are being designed especially for Babyland to provide financial records and information. The specific areas that are being developed for automation are ac-

Nursery, funds arrive from various government agencies, fees from parents, endowment funds, fund raisers and private donations. In order to provide services, information is needed to indicate what funds will be available and when. Similarly, actual expenses versus budgeted expenses need close attention. This type of information becomes readily

ty of Maria Morales. The conversion process has been a busy and demanding period. Demanding because a new method of doing the job has to be mastered. This includes learning the proper way to prepare input for the computer, validation of the output and interpretation of the information provided on various reports. It is a busy time because a period of parallel testing requires that both the existing and the new systems be maintained until the new system is approved. The conversion process has afforded Maria the opportunity to acquire additional computer skills as well as demonstrate and strengthen her knowledge of the position.

General Ledger is handled by Santiago Lapaix. He also is experiencing the demands and rewards of the conversion process. Information regarding expenses and disbursements will automatically interface from the accounts payable module into the general ledger. Although the interface into the ledger is automatic, Santiago has to validate the information for accuracy. Once validated, this automatic feature will be an important time saver. Like the accounts payable module, general ledger has its own input requirements, validation process and interpretation of reports. The challenge of this conversion process is also proving to be

a valuable job experience.

The conversion of the financial processing to the new computerized system will provide a number of other benefits to Babyland Nursery. One benefit is the opportunity for employees to gain additional exposure to computer systems. This exposure comes in many forms, utilizing a computer monitor and keyboard, accessing programs for on-line inquiries and generating copies of reports. Other people within the organization are learning to interpret information from financial reports or discover the issues of proper input and data validation.

Other benefits include increased efficiency, accuracy and availability of pertinent information. Efficiency and accuracy are introduced by a number of specific software features that are part of the system's operation. Certain checkpoints and features exist that provide these results. The major benefit of any computing system, and the major reason for its implementation is its ability to provide meaningful information.

A new step in the development of Babyland Nursery has been taken. The utilization of an on-line computing system represents another challenge that has been met. The benefits of meeting this challenge will be reaped for years into the future.



Kathleen Anderson assists Marie Morales (L) in familiarizing herself with computer procedures.

counts payable and general ledger. One critical area of interest to any non-profit firm is the sources of funding. In the case of Babyland

available under an automated system.

Accounts payable for Babyland Nursery falls under the responsibility

## Where Is Our Supermarket? Georgia Ransome Appointed To Investigate

Have you ever had to bring your entire holiday dinner home in your arms on a crowded city bus? Have you ever considered what an unbelievable task it is for those who must?

For people living in the suburbs a holiday dinner or entertaining involves getting in their car and driving to a nearby shopping center, where myriad fresh fruits and vegetables, gourmet coffees and cheese selections put every need for the occasion at their fingertips. Shopping carts leave brimming with special purchases which fill the car trunk. More than one trip into the house is usually needed and the kitchen counter becomes the center of a "where to put everything for the holidays" game.

Limited income Newark residents in the New Community neighborhood are not that lucky.

But they also deserve to have access to decent, healthful food; and this is what they are angry about. They have a serious and valid complaint about the complete absence of quality supermarkets in Newark. There are none within the Central, South or West Wards. Can you imagine as densely populated an area as New Community without any place nearby to go for food?

This creates a tremendous problem for our residents. Most seniors are without cars as are many families who cannot afford to even own one. They must rely on buses to go out of town to do their shopping since any little "convenience" stores are out of their league financially. Some seniors who do have cars take orders from their neighbors for food and medicine and run their errands when they can. But there are too many who don't have cars and too

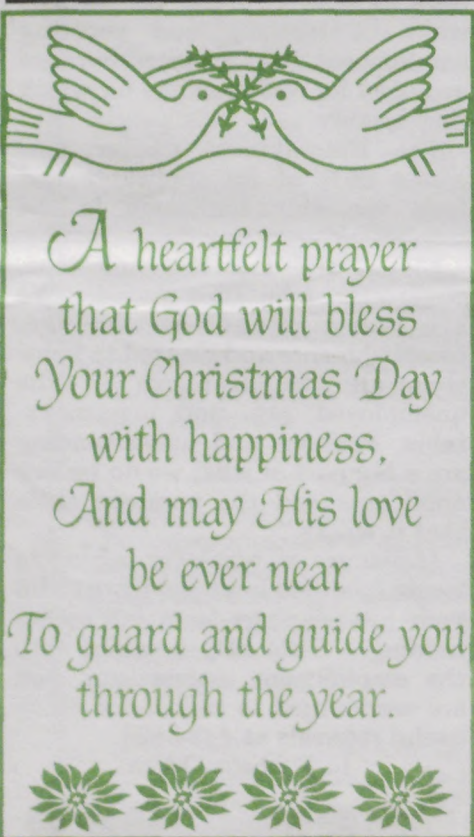
few who do so the system often breaks down.

Try to imagine how you would manage if someone took your car away for a month. How would you survive?

We desperately need a decent shopping center close by, but we are not getting the help we need from the City of Newark or the State of New Jersey to make it a reality. We want this situation, this injustice addressed.

NCC has named Georgia Ransome Director for the University Heights Project. She is a lifelong resident of Newark, knowledgeable about its history. Her duties will include not only keeping track of progress on the proposed shopping center, but overseeing any proposals for development of the University Heights area, on behalf of New Com-

(Continued on page 3)



*A heartfelt prayer  
that God will bless  
Your Christmas Day  
with happiness.  
And may His love  
be ever near  
To guard and guide you  
through the year.*



# Listening To People

Last month, this reporter came upon a lively discussion among residents of the Central Ward of Newark. This discussion is actual but the names have been changed.

Mrs. Cole was inquiring about what she read in the paper concerning the University Heights Project. Certainly, it is a project that concerns many. Mr. Edwards indicated that as far as he knew, it seemed to deal with the expansion of the universities and the so-called high-tech industries.

Mrs. Cole said "that doesn't help the people who live here."

Mrs. Mann said, "Yes, and, in fact, I heard that they want to relocate us."

Mr. Edwards stated, "Can you believe we are being pushed out by our own institutions and businesses and, especially, those businesses which do not benefit this community."

Mrs. Frank said, "The universities are tax-exempt, aren't they? So, the City doesn't really benefit."

Mr. Edwards said, "I keep telling everyone what I hear, and what is. We need jobs and we need housing."

Mrs. Hill said, "The housing they are proposing in the paper will not benefit people of our income. We could never afford the down payments and the monthly carrying costs."

Mrs. Cole added, "I read that there is a study on the University Heights area."

Mr. Edwards spoke again. "But I

have information that the person who represented himself as an agent of the community got paid from the study funds, and the funding of the study was under the control of the universities."

Mrs. Mann said, "Isn't that a conflict of interest?"

Mrs. Hill added, "Sure, it's a conflict. But there is nothing new in having someone from the community selling us out."

Mr. Edwards stated, "The study certainly cannot be honest."

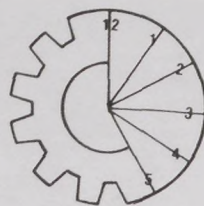
Mrs. Mann retorted, "What do you expect but a study which gives the community the short end of the stick."

"Yes, the study recommends only twelve percent of the units for low and moderate income housing, according to what I read," Mrs. Hill added.

Mr. Edwards nodded, "Again, I repeat what everybody is saying, we need housing and we need jobs. I believe that the people of this community are going to hold their elected officials responsible for that priority."

Mrs. Cole sat there. Then, since she began the conversation, she decided to sum it up.

"So, we have a study paid for by the universities. We have a committee with the so-called representatives of the community getting paid by the study. The study recommends that we, who live here, should quietly go away and say nothing about it. Well, I say, never!"



## NCC Employment Center

### 1000 Jobs Found For Local People

Walter Echols is the 1000th person to be placed by the New Community Corporation Employment Center! This high point has been achieved in little over two years and is well above initial expectations.

Walter and his family recently moved to New Jersey from Tennessee. He spent several weeks looking for work but was not having any success meeting his particular needs. Finally, his father-in-law, Coydell Holmes, realized Walter was experiencing the same difficulties as millions of other unemployed workers and he suggested Walter consult with the New Community Employment Center.

Coydell is an old friend of the Employment Center who volunteered his services during the first year helping to organize the many details which make it possible to match employer with job seeker. Coydell, who is a New Community resident, has referred many job seekers to the Employment Center because he knows it is one place in town where employment counselors care enough to give attention to the special needs of the applicant.

Walter needed to secure night-time employment close to Newark which would allow him to care for his young son during the day. As Walter said, "Being new in town, I didn't really know where to begin looking for work that would meet my needs, and realized I could use some help finding potential employers."

Walter has extensive experience in shipping and receiving for large manufacturers and was faced with the reality that many of these positions are outside the metropolitan area. Upon learning of the opening at the Garden State Motor Lodge, it was suggested that Walter might move into a new line of work. The Employment Center arranged his interview, after which he was immediately hired as a night watchman. The Garden State Motor Lodge has employed many referrals from the Employment Center, and is always anxious to put local people to work.

Walter has been working now for several weeks and said that he is happy that he can "now continue to contribute toward his family's financial security, and all in time to spread a little Christmas joy."

Walter Echols is one success story in a thousand. The Employment Center has been meeting the needs of Newark's unemployed workers for the last 28 months and has developed techniques which make it a valued ally for both local employers and local residents. No fees are charged because the agency is supported financially by United Way, several charitable foundations, as well as many churches and individuals, all of which are committed to the alleviation of poverty through employment.



Walter Echols

The Employment Center deals with people of all skill levels. Almost one-half of the agency's applicants have more than a high school diploma, and many hold college and post-graduate degrees. Success among local employers is due in part to the agency's ability to easily identify a large and diverse pool of workers.

The Employment Center has developed a relationship with over 700 employers, many of whom call on a daily basis seeking help in filling their job openings. This popularity among local employers is due to the ability to locate people with the qualifications required for a position. This pre-screening helps employers save money on advertising and time on interviewing. Employers simply call in their requirements and wait to hear from the Employment Center regarding referrals.

Job seekers especially appreciate the services of the Employment Center. Each applicant is interviewed to determine past experiences, future goals and present needs. Applicants are coached on various ways of locating and securing employment and then interviews are arranged for real openings for which they qualify.

The Employment Center now places 60% of its applicants and feels the only limitation is the number of hours in a day.

Elated over this new milestone, co-director John Bins stated, "We are very proud of our accomplishments and pleased to know that all the problems of the unemployed are not insurmountable. Patience and understanding are a big part of what we do for our applicants and the numbers show that it works."

If you are an employer hoping to locate qualified local residents to fill your job openings, or a job seeker needing a little help breaking into the employment mainstream, you are encouraged to call us for many useful referrals at 643-3828.

L. Michelle Odom

### New Community Federal Credit Union 1st Annual Credit Union Membership Meeting

10:00 a.m.

Saturday, January 31, 1987

At

St. Rose of Lima School  
540 Orange Street  
Newark, N.J. 07107

### THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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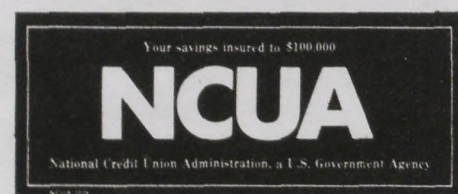
### NCFCU Christmas Club A Hit With Employees

Did you see, "Old St. Patrick," zipping through the work locations, delivering Christmas Club checks?

He brought many smiles, for employees even received interest on their Christmas Clubs. One employee from Babyland had completely forgotten she had a club deduction and was very surprised when Mr. Richards handed her a check. The distribution of the checks was a rewarding event for the Credit Union manager. People were unanimously happy and proud that they had saved a nest egg for themselves for holiday shopping.

So, come on, why not join the New Community Federal Credit Union Christmas Club for next year right now and look forward to receiving a check delivered to you next November?

For as little as five dollars (\$5.00) you can open an account. Employees



who are already on payroll deduction can have part of their present saving deduction accredited to the Christmas Club plan.

Think about it, do it now, and anticipate your pleasure when the 1987 holiday season rolls around.

Roberta Singletary, President





# Where Is Supermarket?

(Continued from page 1)

munity.

It seems incredible that 20,000 people who have made a commitment to live in Newark and raise their families here can sign a petition asking for a desperately needed shopping center — and be completely ignored. Yet one person who does not even live here can prevent the plan for such a shopping center because of one sandwich shop and an eyesore of a liquor store which is a danger to the community because of the element it attracts. One person survives, at the expense of the community.

"There has been no response to that petition from the City council," said Mary Smith, Executive Director of nearby Babyland Nursery and board member of New Community Corporation which is planning to build the shopping center. "We have received calls from high places on behalf of Bert (owner of the sandwich shop and liquor store who lives in West Orange however; it seems he has more control over the city than those who live here."

Prudential can relocate 20 or 30 merchants who were known and part of our community for generations so that commuters can have a pretty view, but when it comes to our needs and the community wants a merchant to move, we can't do it. We who live here are ignored and we are angry.

We are going to mobilize our people to change this situation and we are going to fight "City Hall."

"Poor people hate the people coming in and out of the city because they can get anything they want out of the community, yet they — the poor — are powerless to do so." Can you blame them?

Recently the University of Medicine and Dentistry (UMDNJ) asked for more police protection because kids were throwing bottles. The police responded. "But we can

get stabbed and the police won't respond," said the director of Babyland bitterly.

Twenty years ago a Newark Agreement with the UMDNJ was signed, to afford a training program for Newark residents leading to jobs. The jobs however did not go to them.

Twenty years ago they put up "temporary" buildings. They have never been torn down to make way for permanent buildings which would provide room for needed expansion, yet the University is now buying more land adjacent to the proposed shopping center where plans shown them by New Community call for commercial development by N.C.C.

It would seem after all these years that instead of being a catalyst for good and using their tremendous resources to better the city and the lives of the people here, the University instead is using their power to divide the city up and exclude the people of New Community.

Is this to be a University town with the people here ignored as if they don't exist?

We do exist and we will do everything in our power to let the UMDNJ, the City of Newark and the State of New Jersey know that we are proud individuals who will fight to keep the decent housing we have and the marvelous support services we have developed for a better life, such as Babyland Nursery and the beautiful new Extended Care Facility. We will not stop fighting for a better life, for anything worth having is worth the effort it takes to get it.

The appointment of Ms. Ransome for the University Heights Project is only the beginning. She will not be alone in her efforts.

We will find a way to make our voices heard and we shall one day see our shopping center built.

# Who Took Away Our Vote?

Tuesday, November 4, 1986 was Election Day. Polls are supposed to open at 7:00 a.m. and the working people of the Central Ward in Newark hurried to cast their votes before going off to their jobs...but that was not possible. The polls were closed and did not open until three (3) hours later.

They had no choice but to go to their jobs deprived of their right to vote.

What happened? That's what residents who vote at the Newton Street School, in the 20th District would like to know.

The school is the largest polling place in The Central Ward and people were lined up in wheelchairs and with walkers and canes waiting, for

The polls were finally opened — but a lot of people were denied their vote by the delay. People with low paying jobs, or two or three jobs, who couldn't afford to come back to vote, or who got disgusted and just didn't bother.

If this happened in the suburbs it would hit the front pages and election officials would be sued for denial of civil rights. This is not the first time it has happened here, however. There are always problems at this polling place at every election — the largest polling place in The Central Ward.

Must we get the Civil Liberties Union involved to get to the bottom of this? We are not second class



A long line of patient citizens finally are able to place their votes after several lengthy delays.

Star Ledger Photo

the polling place serves many of New Community's residents and therefore many elderly and handicapped.

Two ladies finally showed up who indicated they were sent to work. The voting machines were there but they were locked. The registration books had never been delivered. It took a phone call to the Essex County Board of Elections to report this before a Sheriff's officer finally showed up with them. I then called the same office for more workers and after an hour or so two more people came.

But even this did not help, for the workers had very little knowledge of reading and could not follow instructions to set things up properly for people to vote. Some of them stated they never even had an orientation session. At that point, Essex County Chief Executive Peter Shapiro stopped by, and after observing the problems, assisted the workers in setting up the machines and books.

citizens and we do not like being treated as if we are. In fact, we are the people who must watch at every turn to guard that the precious little we do have is retained, that we keep the decent lives being a New Community resident has given us. And we can only do that through the power of the vote.

Something must be done to assure that the people who man the polls come on time and know what they are doing, or the premise on which this country is based — freedom — is being violated and is meaningless.

We demand to know why this happened, who is responsible, and what will be done about it, and we ask each voter to make his or her voice heard by calling the United States Attorney, and demanding an answer.

U.S. Attorney Thomas Greelish  
970 Broad Street  
Newark, N.J. 07101  
(201)645-6438

Madge Wilson

## the PRIORY RESTAURANT

At St. Joseph Plaza  
233 West Market Street, Newark, New Jersey 07103  
(201) 242-8012

★★★★

American Continental Cuisine  
In An Old World Atmosphere

★★★★

Superb appetizers such as:

- Stuffed Mushrooms with Crabmeat
- Scallops in Bacon En Brochette
- Cold Antipasto

★★★★

Entree favorites include:

- Scallops and Crabmeat — sauteed in a white wine sauce
- Tortellini Romano — pasta filled with crabmeat prepared in a heavy cream sauce with freshly grated parmesan cheese
- Clam and Shrimp Possilipo — with the seafood cooked in burgundy wine
- Veal Cutlet Parmigiana — a tender plump cutlet covered with a light tomato sauce and parmigiana cheese

Cocktails are available

★★★★

Lunch — 11:30 a.m. to 3:00 p.m. Monday through Friday  
Dinner — 5:00 p.m. to 10:00 p.m. Monday through Friday  
Sunday Brunch — 9:30 a.m. to 3:30 p.m.

## Christmas Lights Shine

As you drive through New Community at this holiday season there is a sparkle in the air — and shining through the lighted trees at all the buildings. They bring a certain joy to the heart though they cannot erase the problems. They transform the little part of the world in which we live, shouting out "I'm happy, and I want to share my happiness with you."

Christmas is a time when we all reach out through the visible message of these lights to share with one another — to say we have faith. The real light of the world, Jesus Christ, who came to share our human condition and show us the potential of glory with Him, is just as real here today as in Bethlehem so many years ago.

He is the Light and the Love, and we ask His blessings on you as bright and numerous as the lights glowing here in the darkness — and making it beautiful.



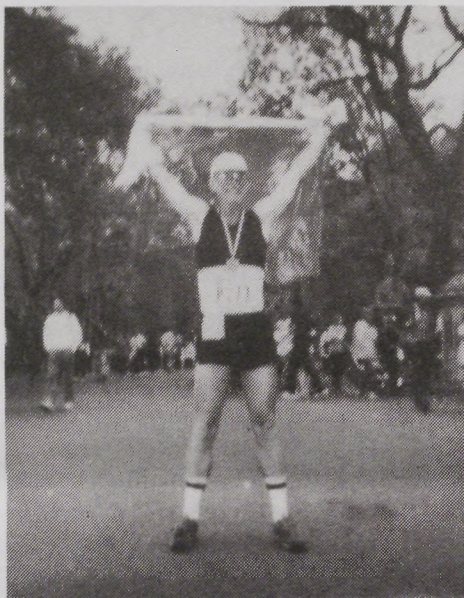
## Marathoner Trains At New Beginnings Spa

After running the 1985 New York City Marathon in four hours and 33 minutes, Richard Bleeker vowed that he would do better. Early this year, our member-of-the-month joined the New Beginnings Spa and Wellness Center and began a multifaceted training program in preparation for the race that was held on November 2nd.

Initially, Richard felt that he could improve by adding our nautilus workout to his running schedule. "I found it convenient to combine the spa's equipment with runs at nearby Branch Brook Park," he said. "Later I added knee weights, and the treadmill gave me valuable training for running the five bridges in the marathon."

As the day of the big event approached, Richard took advantage of our sauna and whirlpool to relax his muscles, and just before race day he treated himself to a Shiatsu massage.

The result? This year Richard completed the race in three hours, 52 minutes, an improvement of 41 minutes over 1985. In recognition of Richard's accomplishment, he is our member-of-the-month.



**Richard Bleeker**

"There's no doubt that the spa was a big factor in my marathon improvement this year," Richard concluded. "The facility is great, the equipment modern and well maintained, the staff knowledgeable and supportive, and the proximity to Branch Brook and my office makes it ideal for me and other runners in the area."

## New Beginnings On Air Waves

The New Beginnings Spa and Wellness Center was on the Radio on November 17th from 7 to 8 p.m. on WNJR 1430 AM. Marie Damestoir and Kerry Gillespie joined Dr. Alexander on his weekly Public Health show to discuss the various aspects and background of the Spa and Wellness Center. The weekly show's focus is on public health in Newark and the surrounding area.

Marie Damestoir, the manager of the Spa and Kerry Gillespie, the ex-

ercise physiologist, answered questions about the program at the Spa and what the program has to offer the Newark area. Topics such as the equipment, memberships available, and pricing were discussed in this one hour interview.

The Public Health show with Dr. Alexander can be heard every Monday night from 7 to 8 p.m. You will find the show at 1430 on your AM Radio dial, WNJR, a Newark station.

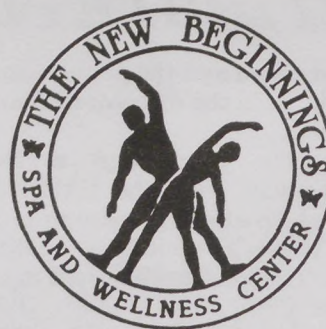
## Spa Throws Halloween Bash



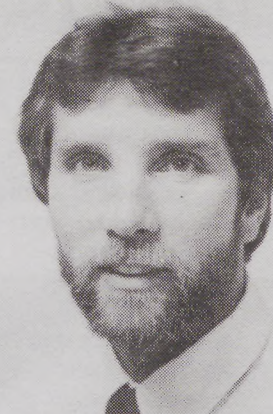
Fanciful costumes and wicked grins highlight the Spa's Halloween costume party.

**ATTENTION ALL TENANTS**  
NCC Health Care Center  
**623-2480**

Transportation to NCC Health Care Center  
will be provided for your convenience.



at ST. JOSEPH PLAZA  
233 WEST MARKET ST.  
NEWARK, NEW JERSEY  
(201) 624-7373



by Kerry Gillespie,  
Exercise Physiologist

## Hot Tips For Winter Cold

We are heading into Winter, and that means special considerations as far as exercising outside is concerned. The cold weather creates special problems that can increase the possibility of getting into trouble with your heart and circulatory system. This does not mean you can't or shouldn't do any activity in the cold, but there are a few general rules you should keep in mind when working out of doors, or working out, out of doors.

These precautions are geared not only for the elderly, but more specifically for those persons who have hypertension, heart disease and/or peripheral vascular problems.

### The Problems

The first and most obvious precaution concerns shoveling snow. It is important to note that the act of shoveling snow is not necessarily the entire problem. There are other related factors that must be taken into consideration, such as the fact that you often shovel snow first thing in the morning and with little or no warm-up period. It is always necessary to warm-up the body before any activity; it is much easier on the heart. A person is often over dressed for the activity as well. You must remember that activity will tend to heat up the body. If you get over-heated, that will cause added stress on the heart, as well as, raise your blood pressure. Another important consideration is that you should not eat before activity. If the body is busy digesting and you ask it to do some physical activity, this too will add stress to the system. The recommendation for taking part in any activity after meals is to leave at least two hours before starting.

The compounding of two or more of the above factors can spell trouble.

### The Solutions

Those persons who have to get involved with activities in the cold must learn to pace themselves. The work should be done in intervals with proper rest between bouts of activity. Again it is important to leave at least two hours after meals before you exert yourself, and always warm-up first and start out slowly. Better yet, if you want to get your walking in, why don't you do it at a local mall. You will find a lot of company. If you want to do more than walk, come in out of the cold and workout with us at the New Beginnings Spa and Wellness Center.

Dressing properly for the weather

is another important consideration. It is suggested that a person dress in layers, especially if you're going to do any exercise. If you dress in layers, you can remove a layer or two as you warm-up and still not completely expose your body to the elements. If you only wear an overcoat and take it off when you get over-heated, your body has no protection. You should also avoid alcohol, tobacco and caffeine before and during activity in the cold. (Actually, they should be avoided anytime, but especially at these times). These substances will redistribute blood in your body to your skin which will cause you to lose body heat rapidly. These substances will also cause the heart more strain than is necessary.

In the extreme cold you should avoid activity, but if you must go out you should wear a scarf or ski mask to avoid inhaling the extremely cold air. The last important consideration is the old adage "Cold Feet? Put on a hat!" You lose about 40 percent of your body heat through your head. So to maintain body temperature you should wear a hat.

### About Body Heat

We've mentioned loss of body heat several times now and cautioned against actions leading to it — but why is it important? Loss of body heat can result in hypothermia which in the extreme can be fatal, so the cold can be an enemy. The shivering response is a danger signal sent as a warning. This is a positive response which increases body temperatures as a result of muscular contraction. To ignore this warning, trying to acclimate one's body to the cold, could be harmful, for when the shivering response ceases a cooler body temperature results, bringing with it reduced coordination due to decreased nerve conduction and slowed muscular contraction. The body, unfortunately, does acclimatize itself to the cold as it does to the heat but this is not something to be strived for as we've tried to point out. So be careful.

The best advice of all is to use your common sense when dealing with the cold weather. Dress properly, don't eat before exercising, and do short bouts of exercise with rest in between. Better yet, give yourself a break and pay a local child to shovel your walk. You'll be increasing the economy and not taking any unnecessary chances!



## Health Care Update

"Your son has been behaving so well" a woman commented to me towards the end of intermission at the circus, mistaking my friend's son for mine. At the time it was easiest to merely reply "Thank you."

In reality I have been blessed with daughters but they are now busy and grown. The trip to the circus had been shared with a group of friends one of whom had brought their young son. In retrospect, I realized that during the last half of the show (as I vicariously became the mother of a son) I had forfeited my own identity; it didn't feel good — or healthy.

That same unhealthy feeling — a loss of one's own self-image while being molded into perceived desirable characteristics of another — is also being experienced today by young women on college campuses and people elsewhere.

I realized this when, while recently visiting my daughter during her parents' weekend at college, we went to a meeting for women about leadership. My heart extended to tomorrow's graduates as they expressed conflict regarding the need expressed to them by "successful" women to take on traditionally male behaviors i.e. aggressiveness, in order

to achieve. They even questioned their desire to engage in a career which is traditionally female i.e. being a Director of Volunteers, because it could be perceived as a betrayal to contemporary young women. The stress felt by our coeds was sad but real. I had and took the opportunity to encourage them not only to be all that they can be, but also to be true to themselves and not lose their personal identity.

When we allow ourselves to lose our own identity or when we inflict that loss of identity on another human being ("the patient in Room 602," "that tenant in apartment 3C", badge #1027") we create a stress response which ultimately becomes unhealthy.

As 1987 approaches, let us consider those aspects of our lives in which we can evoke change. To retain one's identity and preserve self-respect and dignity is an essential component of mental and therefore physical well being. In situations where we may each contribute to identity loss, let us see how we can change our own behavior to enable ourselves and others to achieve self respect, a major ingredient of wellness.

Connie Ford, RN, MPA

## THE CHEF'S CORNER

'Tis the season to be jolly. Indeed it is, and for most of us it is also a very hectic one. What with shopping and decorating, etc., that leaves us very little time for cooking. Well, here's a recipe that can be done in exactly 10 minutes.

### Linguini With Clam Sauce

For 2 people you will need:

½ lb linguini.

1 dozen cherrystone clams.

1 clove garlic.

pinch of oregano

2 tbsp. olive oil

pinch of chopped fresh basil.

Boil linguini a la dente (about 7 minutes). While the linguini is cooling, wash clams, put in saucepan with a little water and heat until they open. Remove clams from shells and chop them coarsely. Brown garlic slightly in oil, add clams, oregano, salt and pepper to



RODRIGUEZ  
JOE

taste and saute no more than 2 minutes. Add cooked linguini with some of the clam broth and there you have it, steaming delicious in 10 minutes.

And if you don't want to do all that yourself, come to the Priory after shopping and let me do it for you.

This is Joe wishing you **Bon Appetit!**

## FOOT FACTS:

### Start The School Year Off On The Right Foot

Office Hours at St. Joseph's Plaza  
9 - 12 Mon. 9 - 12 every 2nd & 4th Sat.

"Is There Life After Labor Day?" reads the bumper sticker. An apt message for the many who feel that the new year starting in September holds more significance than the one that occurs January 1.

Refreshed from a summer of rest, or at least change, autumn brings renewal for most of us and a time to start fresh. Especially during all the school years, September provides a great opportunity for early New Year's resolutions. Why wait?

Along with the basic school supplies, notebooks, pencils, books and lunchbox, often comes a new wardrobe — usually in a larger size — and, of course, shoes. Resolve: Have the children's feet and shoes checked for the new school year.

What sometimes seems like galloping growth in children is noticed most in the growth of their feet. Because of the increasing cost of children's shoes, it is an expensive proposition to keep kids properly shod, but proper fit can help avoid serious problems. Make good shoes an important investment...at all ages.

Small children go off to nursery school as early as age two. It is good to remember that the foot before age three or four is almost completely flexible. By age 5 the first sign of an arch can be noticed. Because the foot is so very pliable it is rare for a little child's foot to fracture. It is made of soft, resilient cartilage that gradually develops into hard bone.

It is also rare for serious foot conditions to be evidenced in small children. Toeing in or out, flat feet or bow-legs usually disappear with age. Some children toe in or out until they develop proper balance. However, if these conditions are extreme enough to cause the child to trip or fall it is wise to consult a podiatric physician.

Good fit in shoes is critical in the early stages of life. Feet grow so rapidly through age 10, a child's foot size should be checked every three months.

Shoes should be roomy enough to accommodate lengthening and widening feet. With at least half an inch between the longest toe and the

Dr. Kenneth  
Frank  
Podiatrist



end of the shoe, the sides should be roomy enough to allow the foot to spread when the child takes a step. The heel should hug the foot to keep the shoe from slipping and rubbing.

Canvas shoes, or sneakers, are fine for the growing feet as long as they fit properly. It is important to keep the shoes dry and clean and to wear socks that fit well.

Though the growth rate slows somewhat after age 10, the foot is susceptible to other problems. Foot hygiene is particularly important because youngsters are susceptible to warts — a viral infection — and to athlete's foot — a fungal infection. These common conditions can be picked up when a youngster walks barefoot outdoors or in the locker rooms at school.

Regular, careful washing and drying of the feet is an important habit to develop during pre-adolescence. Use of a foot powder can keep feet dry and can help prevent the development of fungal infections.

Many youngsters are prone to developing ingrown toenails — the nail curves into the corner of the toe and becomes embedded in the surrounding tissue, causing painful inflammation. To prevent this, toenails should be clipped straight across, not rounded.

Active youngsters may be subject to foot stress which can lead to sprains, fractures or calcaneal apophysitis — a condition affecting the growth plate of the heel bone. It is particularly important that the shoe worn for activity has enough cushioning to absorb the shocks of jumping to help prevent damage to the bones of the feet, ankles, knees and hips.

Feet usually stop growing in the mid-teens. Ages 14 to 16 for girls, 15 to 18 for boys, normally are the end of foot growth, but after age 15, foot problems such as bunions can begin to develop. Bunions are hereditary but they can be aggravated by shoes that are too cramped.

Developing feet, well tended, will stay healthy over a long life. It is important to develop good habits of care and exercise to keep the feet strong and working well.



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# You're Never Too Old To Enjoy The Circus

When Cindy Foster, Director of Adult Medical Care at NCC Extended Care Facility asked participants one day where they would like to go, one person mentioned The Circus. Some seventy and eighty-year-olds told her they had never been before. That started her thinking, and after a bit of discussion it was decided The Circus could indeed be managed. Those residents of The Extended Care Facility would also be included who were up to it and could manage

Nursing asking to be picked up to go to the Meadowlands. Floor supervisors were then notified, medications scheduled around the performance and Rosetta Reed-Rembert, Food Service Manager, served an extra early breakfast so proper nourishment would be available for the excitement of the day.

Both residents and day care participants were provided with a box lunch of a sandwich, fruit, salad and milk.

Day Care participants had to be at the facility extra early, and miracles of miracles — the pickup van did not have to wait for **anyone** that day! A minor catastrophe arose when residents who were used to their warm facility environment, were being bundled up against the cold. One of the ladies going had no shoes, and began to cry because she thought she would be left behind. Sister Pauline quickly ran down to "Room B 11" which contains "a little bit of everything" to find a pair for her — and came up with shoes in hand, to the delight of everyone.

The parade of excited circus goers, in wheelchairs, on walkers and canes wound their way tediously into the three waiting vehicles — a DeCamp bus, the Passenger and Handicapped Van all being pressed into service. Laverne Parish and a team of medical day care transport workers aided the group. Nursing assistants were there to help with the particular needs of the elderly and there was even a bathroom on the bus.

Upon arrival at the Meadowlands special attendants were provided to help the eager ladies and gentlemen to seats specially selected to give access to wheelchairs and with as few stairs as possible for the ambulatory.

As you can imagine, a great deal

of caring and cooperation made the day possible. The Meadowlands is especially to be thanked for providing handicap access and the extra hands necessary for the demands of this special group of people, which were anticipated, and taken care of so graciously — for treating them as the important individuals they are on this very special day. A big **THANK YOU** is also in order for the wonderful help of our staff members.

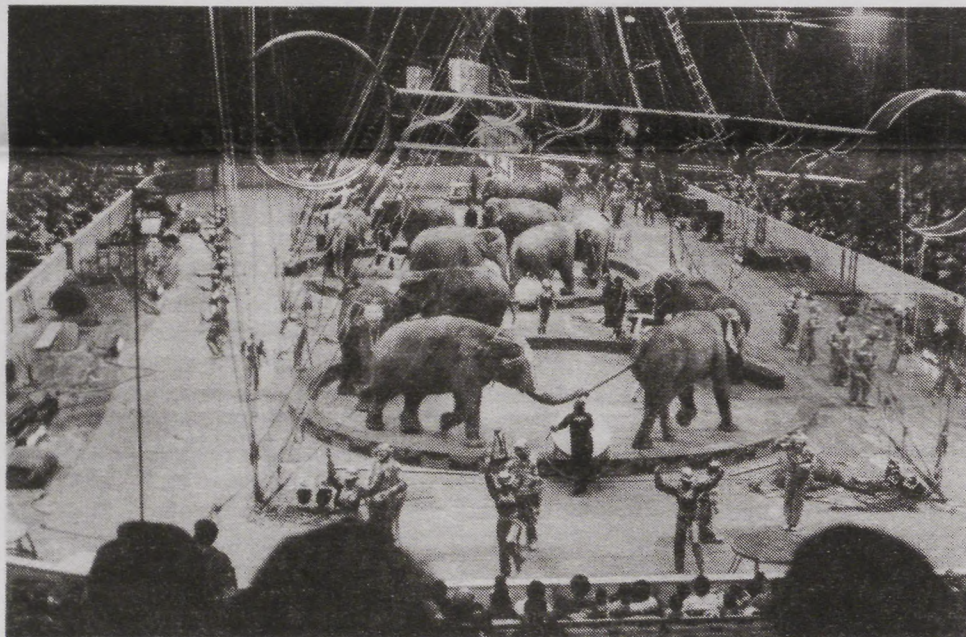
What about these wide-eyed individuals? Did they like the circus? "There were actually zebras and buffaloes there," said one, expressing surprise that they could be taught to perform. "They can teach animals but not the human person," commented one 70-year-old. Theresa Cox, a 4th floor resident blurted out "Ooh, it's great!" at one point. They loved it!



with help to be out for that period of time.

All told, 36 residents and 25 Medical Day Care participants enjoyed the day. Circus fever rose to a high pitch as day care participants were seen, some with wheelchairs, spinning up the hall, their ticket money clutched tightly in hand. Residents tickets were part of their ordinary care provision. It was especially important for some of the residents to go because some had not been out in years, nor had many experienced a real live circus.

Hilda Matos, Recreation Therapist, explained the small mountain of planning necessary to accomplish the marvelous feat. Each person going had to submit in writing a document to Ms. Jacqueline Ragin, R.N., Director of



## Students Participate At Extended Care

The Extended Care Facility has joined the staff of St. Vincent's Academy by providing placement for three students in the **Students-In-Community Program**.

This program is a required course for Seniors and an elective for undergraduates. It is coordinated by Sr. Carol Williams of St. Vincent's Academy and Sister Mary Pauline of the Extended Care Facility.

The students come to the facility for a determined number of hours each week and assist the residents by arranging closets and drawers. This gives the girls an opportunity to visit and be the "extra hands" that make for increased independence and satisfaction for our very special older population. It also "bridges" the generation gap.

The students return to the Academy to discuss the social and moral implications of public policy and their role as responsible citizens.

We salute Jacualen Dowdell, Tracy Fisher and Sharonda Johnson and look forward to their sharing of this experience.

## Adopt-A-Resident Brings Joy

For as long as I can remember I have been attracted to individuals who many people overlook — either intentionally or unintentionally. These are the needy, the lonely and the elderly — especially the elderly.

Six years ago I harbored a strong desire to share myself, my time and all that God had blessed me with, with someone(s) less fortunate. In an effort to fulfill this desire I made numerous attempts to be of service to some of our elderly living alone who could possibly benefit from having someone voluntarily come into their home and assist them with shopping, meal preparation, etc. After contacting social agency after social agency and including a local radio station in my search, I was told that no one knew of any persons requiring such services. I was really shattered.

My affections for the aged I'm sure come from the tremendous love that I had for my own grandmother

who went to be with the Lord at age 89.

When I began work as a volunteer at New Community Extended Care Facility little did I realize what God's plan was for me, or what a simple suggestion regarding the possibility of non-relatives being able to occasionally take a resident who had no family or friends outside the facility would lead to. When Sr. Patricia called to inform me that there are 36 residents that had no known families or friends, I was truly saddened; then she told me of the drive implemented to encourage people to adopt a resident and I rejoiced.

I have since adopted a resident whose name is Lillie. The joy that filled my heart when I met and spoke to this most delightful lady is undescrivable. I immediately felt that our loving God had given me another grandmother who when I was young and even in my adult life



Joan Hall (R) shares laughter and a warm hug with her newly adopted grandmother, Lillie, as Jacquie Ragin looks on.

gave of herself to me and my children. Whatever my family and I can contribute to the happiness of Lillie — we shall.

And now we have adopted John as well. What a gift we have been given.

Joan Hall



## Residents For Adoption

Although Mrs. Hall has adopted two (2) residents, many more are in need of adoption. The stories of three of these who are alone follow:

Mrs. Y was born in New Jersey in 1903. She is 83 years old. She is a widow after many years of a happy marriage. She was employed by Bambergers until she retired, and was an active member of St. Mary's Church.

Mrs. Y suffered a stroke in 1985, which left her paralyzed on the left side and at this time she is wheelchair bound.

She is pleasant and cooperative. She enjoys people and interacts with the residents and staff at New Community. She can participate in activities and she enjoys music, reading and painting.

Mrs. Y is a lovely lady with no family, who would love to have someone adopt her.

Ms. S. is a very pleasant 62 year old who enjoys television and reading. She speaks French and English quite well and is alert. She enjoys socializing with staff and other residents. Her only family member is an 82 year old sister who lives in France. She writes her sister monthly, but response is slow. She is basically a happy person who enjoys helping others. She is ambulatory and able to care for herself.

Mr. C is a 70 year old resident. He is very quiet and usually stays in his room except for meals.

Mr. C enjoys watching baseball and basketball games on television.

Mr. C walks with assistance. He is very neat and clean and takes pride in his appearance daily.

If you are interested in our new adoption program, please call Sister Consuela at (201) 624-2020.

## Generous Hearts Abound

Connie Ford watched as medical day care participants, on Medicare themselves, carried in bags of canned goods for Thanksgiving baskets for the needy. So did employees and visitors and soon, with the addition

Medical Day Care delivered the rest of the baskets, donating their own time to do so.

Byron Jones also helped, and delivered one of his baskets to a home where he noticed there was no



Surrounded by Extended Care Facility food donations, (L-R) Rev. Isaiah McKinnon, May Ferrell, and Byron Jones prepare to fill Thanksgiving boxes which will bring joy to so many.

of roasting hens donated from the Gospel Outreach Church in Jersey City and Reverend Isaiah McKinnon, the beautiful baskets were ready.

Two participants of the Medical Day Care Program received a basket and one went to a resident on each floor. Then Wilson DeJesus and Marshall Lindsey, transporters for

furniture at all in the living room. The family received it graciously and he left, closing the door behind him. As he turned to walk away squeals of delight from within reached his ears. It was an unforgettable moment.

To all who made it possible — THANK YOU.



Many helping hands make quick work of loading the vans with their delicious cargo.

## Scouts Reach Out To The Elderly



The 25 members of Girl Scout Troop 141 from Newark's Our Lady of Fatima Church begin their mission of spreading cheer to the elderly at Thanksgiving time with the first of many bouquets presented to residents of NC Extended Care Facility.

## A Thanksgiving Note

The New Community Extended Care Facility would like to thank St. Rose of Lima Church, Short Hills, parishioners for their contributions to the Flea Market recently held at the facility which netted over four

hundred dollars (\$400.00).

Help such as this is always needed for the work we are doing. We are happy to have such dedicated friends. You are what Thanksgiving Day is all about.

## Extended Care Facility Employee Of The Month

Ruben B. Rue has been very responsible in all the jobs he has held. In his early days, he worked in the Air Force of the Philippines as a Finance Clerk and at the same time went to college at night.

He had a strong determination to attain his goal of finishing college in order to prepare himself to accept challenging responsibilities.

In 1981, he decided to work in Saudi Arabia as a stock clerk to earn the funds necessary to complete his college education. After a year, he was able to go back to his country, the Philippines, to pursue his college degree and at long last he graduated from Lacson College with a B.S.C., majoring in banking and finance.

Ruben's father who is a naturalized American citizen petitioned

seven of the children in the family and Ruben came to the United States on the 9th of November, 1984. Within his first two months here, he was able to obtain a job at a health care facility in the dietary department, which he held for a period of one year. Subsequently, he decided to apply at New Community where he presently works as an Administrative Assistant to Purchasing, a job he finds very interesting and challenging.

At home, his family calls him by the name of "Carleto." His hobbies are sports, music and computers. He is happy with his present job, especially the people with whom he's working.

He hopes, someday, more opportunities will come his way...



Astonishment and delight overcome Reuben Rue at his surprise award presentation as Employee of the Month.



## Honored For Youth Work

For the month of November, we have found it necessary to bestow the "Officer of the Month Award" on two security officers. Both officers, William Bass and Amin Muhammed, have been selected as this month's recipients because of their dedicated work with the NCC Security Youth Program. The officers, since joining NCC Security, have provided counseling for members of the youth program. They meet with the youth during their off duty hours and on weekends.

They have accompanied the youth on numerous trips and have assisted them in many fund-raising ventures, such as car washes and discos. Monies from these events were used

to help the young people purchase gifts and souvenirs on the trips, which included trips to West Point and Washington, D.C., and the Intrepid Museum which is dry-docked at the 42nd Street Pier, in New York City.

In addition to their work with the youth, both officers are loyal and dedicated workers, whose exemplary conduct typifies the spirit of the New Community Corporation, which is "helping people."

The awards, (engraved plaques were donated by Katzin Uniforms, Inc., who are co-sponsors of the program), were presented to the officers by the Director of Security, James DuBose and the Associate Director of Security, Otis Rhynes.



Security Officers William Bass and Amin Muhammed (center L & R) smile their pleasure at receiving awards from Otis Rhynes (L) and Jim DuBose (R).

## A 'Shining' Example

Mr. Robert Sinclair, a resident of New Community Associates, has always been very proud of the immaculate condition in which he keeps his apartment, and has often teased Sister Veronica, social worker for the building, about deserving a certificate for this.

This month he was honored by Mrs. Gloria Chambers, of Housekeeping and Homefriends for his efforts and given that certificate.

Mr. Sinclair has lived at Associates for three years and he considers it a privilege to keep his apartment in impeccable condition. He reminisces to the time he was growing up in a family of eight children, of which he was second

oldest. His mother instilled in all her children the importance of handling responsibility and of being neat and clean — values which were never forgotten.

Before moving to NC Associates, Mr. Sinclair worked for the Federal Building from 1954 to 1982. Serious health problems forced him to stop working but he has never lost his zest and pride in responsibility towards his surroundings.

If you are like me, you may be thinking about hiring Mr. Sinclair. "Sorry, ladies and gentlemen, Mr. Sinclair is not available." He is certainly an asset to our community and a five star resident.

Sister Veronica



Sitting in his spotless living room with its gleaming floors and shining surfaces, Robert Sinclair receives his award certificate from Gloria Chambers (L) and Sr. Veronica.

## Chapter I Update

At the present time six hundred and seventy-six students have been accepted into the new Chapter I service program at Essex County College. Parents and students came out despite a tremendous downpour to register.

Ninety-seven (97) have been enrolled in the Math program, and one hundred twenty-six (126) in the Communication program and four hundred twenty-seven (427) for a combined Math and Communication program. There are twenty-six perceptually impaired (PEP) students.

Since the contract for the program calls for only 500 students a waiting list has been set up and as space becomes available students are notified.

Ms. Stephanie Arrington has been named new Chapter I Director for Essex County College.

It was heartening to see so many parents take advantage of this invaluable service for their children. It will be equally satisfying if the same number continue to the completion of the course and go on to better futures.



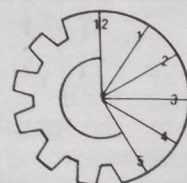
The Chapter I registration desk buzzes with activity.

## Every Time You Hire, You Change Someone's Life

A steady job is more than a paycheck. It creates a sense of accomplishment and motivates people to try harder.

Every time you employ from the Newark area, you enrich the lifeblood of the community and you invest in your own business's success—and Newark's future.

For free assistance in finding qualified job candidates from the area who meet your requirements, contact the New Community Employment Center (201) 643-3828.



**New Community  
Employment Center**

15 Hill Street  
Newark, N.J. 07102

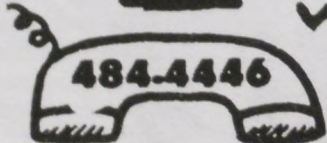
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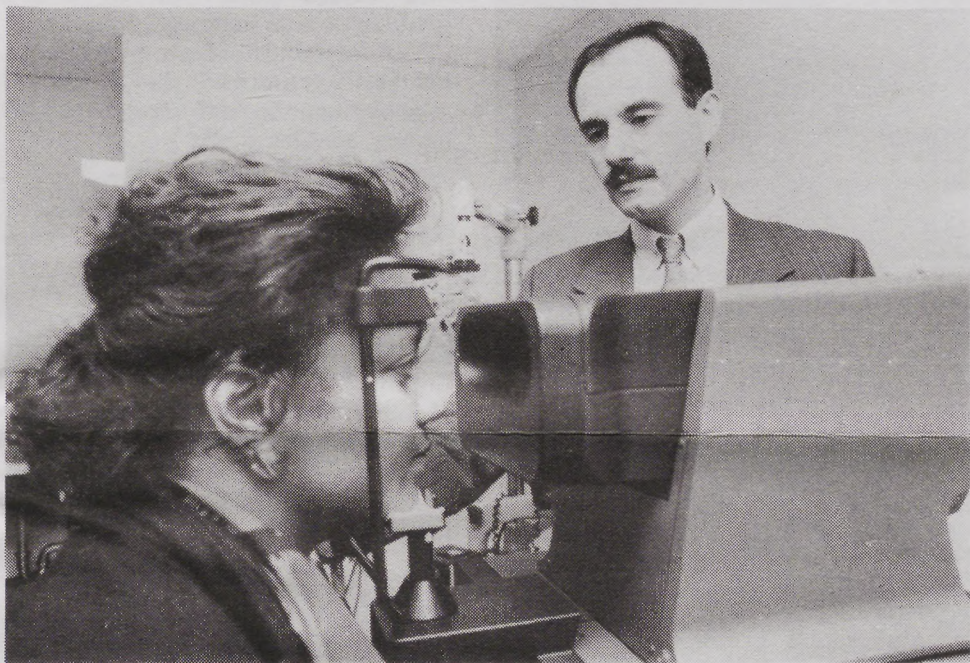
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# Dental And Eye Care Available At New Community Extended Care Facility



Ophthalmologist K. Tchorbajian gives an in-service workshop on pathology of the eye to participants of the Medical Day Care program.



Dr. Benjamin Natale uses a computerized automatic refractor on a patient in his office which features the newest state of the art equipment. The eye doctors are available Wednesday mornings at the Extended Care Facility or by calling 964-7878 for an appointment.



Elizabeth Dougherty, D.M.D., (R) shares her dental practice with her new partner, Audrey Malone, D.M.D.. The Dentists are available for staff, residents and members of the community by appointment only. Call 242-5737.

## Social Security News

### Congress Restores Disabled Widowed Spouses Medicaid

Congress has restored Medicaid coverage to the disabled widows and widowers who lost their Medicaid coverage in 1984 as a result of legislation designed to increase their Social Security benefits.

Before the increase, many in this group had qualified for Supplemental Security Income (SSI) benefits and Medicaid because their benefits had been so low. But by raising the minimum benefit paid to disabled widows and widowers, Congress inadvertently pushed several thousand people over the maximum SSI income level, some by only a few dollars.

Disabled widows and widowers were hard hit by the action since, by definition, those medically qualified for Social Security disabled widowed spouse benefits must meet a much tougher test of disability than the test used to determine disability among wage earners.

As a result, they tend to have extremely high medical costs for items such as oxygen and prescription drugs that Medicare does not cover.

Their increase in benefits fell far short of covering the medical costs they had to pay out-of-pocket once they lost the Medicaid-covered benefits they needed.

However, Congress recently acted to deem these individuals eligible for Medicaid, even if they exceed the maximum income allowed, as long as they meet certain requirements, including that they qualified for Medicaid in 1983 before the increase in Social Security benefits. Those widows and widowers who received their disability designation after 1983 are not covered by the provision.

*The Department of Health and Human Services and the states are responsible for notifying disabled widowed spouses that they are now eligible for Medicaid, but the disabled widowed spouses must make formal application before July 1, 1987, in order to receive the coverage. Those who believe they may qualify for Medicaid under the new provision should contact their state Medicaid agencies or local welfare offices for information.*

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## At Your (Social) Service

by the Staff of NCC Social Services Department

### Youth On The Move

The month of November has been labeled Career Education Month by the NCC Youth Department.

During this month several educational trips and tours took place. Our senior club was also formed out of a need for college counseling and career education. The group consists of high school juniors and seniors who are interested in pursuing a higher education and pursuing career planning advice.

This month has been both educational and informative in both areas. Our first trip took us to careers in the world of technology, which meant a visit to one of the finest technological schools in our area, New Jersey Institute of Technology (N.J.I.T.). The group toured the campus and were given indepth information about courses, and some of the work that each class was involved in, as well as a lot of information about the college itself. N.J.I.T. offers state of the art facilities, a \$5 million mechanical engineering center, superb chemical engineering labs, new architecture studios and an upcoming computer integrated "factory of the future." They have a \$10 million national center for Industry/University research into the management of hazardous and toxic substances.

N.J.I.T. also offers to all full-time freshmen students their own microcomputer to use at home or in their dorm rooms. The tour had an impact on all who attended, so much so that one of our girls is already thinking of an engineering career as a path to success.

Our next appointment was in Madison at Drew University, an independent university with a college of liberal arts, a graduate school and a theological school. The campus is forested in 186 acres in Madison, New Jersey, 30 miles west of New York. It has forty buildings, one national historic landmark, and has an enrollment of 2,200. Like N.J.I.T. all

freshmen are issued a microcomputer and software for using during their four years. Our visit started early. We departed New Community at 8:30 a.m. arriving at Drew at 9:00 a.m. where we were greeted by Mrs. Barbara Pressly, Jemma Whatley and Mr. Charles Richardson. From 9:00 to 10:00 we were instructed by Mrs. Pressley, and for the rest of the day attended to by a very courteous

nel. They were open and very receptive to any questions. We would like to thank all, especially Sheila Slappy and Kurt for the view from the student's side.

The weekend of the 21st we went back to Drew to experience the lifestyle of a college student. Our special thanks to Mrs. Pressley, Mrs. Jenna Whatley, Charles Richardson and Vince Masco for the



Charles Richardson, Assistant Director of Admissions at Drew University, gives some insights on university life to interested NCC youths.

and concerned staff. The atmosphere was very friendly; it made the students feel at ease.

We proceeded to the Great Hall (which resembled a 13th century mansion or church), for the welcome and opening remarks by Anore Franzese, assistant director of admissions and Mr. Pablo Cucchi, dean of the college. After all the formalities were over we proceeded to seminars on subjects from law to business given from 10:30 a.m. to 12:00 noon. Next came a very fine lunch with key note speaker Congressman Dean Galbo. During lunch we were visited by students from the college and Drew staff person-

nel. They were open and very receptive to any questions. We would like to thank all, especially Sheila Slappy and Kurt for the view from the student's side.

Our third visit was to Rutgers in Newark to be a college student for a day there. We attended admission and financial aid workshops, students gave us tours and we got to meet some professors. We would like to thank them for the warm hospitality.

Our senior group is open to all N.C.C. high school juniors and seniors. Future tours include: Howard University, Georgetown University and Hampton University. All interested please contact Eladio Negron, NCC Youth Department, 623-6114.

## Thinking Of Others



Goodness comes from others to New Community families through the hard work of the Social Services Staff.

## COMING!

### NEW NCC SENIORS RECYCLING PROGRAM

Aluminum Cans Only  
Soda & Beer Cans Will Be Welcome

Watch For More Next Month!

## Items

Congratulations!!!!!!

A salute goes out to Nakia Leadbetter for her accomplishment in our after school program. Your teacher has noticed the wonderful improvement in your work and told us so.

### Newly Formed Basketball Team

NCC/Newton St. School Team consists of Clarence Smith, Ira Bowman, William Harper, Desmond Grayer, Al Collins, James Davis, Hakim Gaines, Joel Perry, Pablo Collins, Derek McLean, Robert Moncier, Randy Smith, and Angel Nieves. All games will be played at St. Rocco's Saturdays at 11:00 a.m. and Sundays at 1:30 p.m. Good Luck!

### Adult Basketball Team

Lakers are still undefeated thanks to a last minute burst by Rick Jackson. Team 2-0

### Upcoming!!!

Kiss FM vs. N.C.C. Allstars/Basketball Game — benefit to raise money for a youth van.

## New Classes Forming

NCC Social Services Department is offering two new classes for families, one in sewing and the other in nutrition.

Instruction in various sewing techniques will be made available beginning Wednesday, November 19, noon until 2 p.m. and will continue every Wednesday. This beginners' sewing class will be held at the Gardens Pavillion, 220 Bruce Street. Mrs. Priscilla Cameron, a resident of New Community Commons, has volunteered to teach the classes.

The nutrition class will offer nutri-

tional hints for better living. Families will learn how to plan and prepare nutritious, economical, delicious meals, save money, purchase meats, improve the usage of food stamps and become smart shoppers.

This class will be held on December 14, at 11 a.m. and will be taught by Mrs. Wallace of Rutgers University Extension Program.

For further information about these courses, please contact the Social Services Department at 623-6114.

## New Community Families

N.C.C. Advisory Board for Families is in full bloom. Residents from each complex are represented on this board. The elected officers are: President: Ms. Marilyn Reed; Vice President: Ms. Delores Collier; Secretary: Ms. Mae Harper; Treasurer: Annie Obley; Sgt. of Arms: Georgia Willis; Chaplain: Ms. Emma Grier. The purpose of this

board is to provide an avenue for family residents to have meaningful input in the N.C.C. planning process and make recommendations for change. The board meets once per month at 220 Bruce Street (Social Service building).

Lorraine Woolridge  
Social Worker for Families



## The Douglas

It has been a while since you last heard from us, so I thought we would let you know what's been happening.

All things taken into consideration, we here at The Douglas are doing well. Let me bring you up to date.

In April, we had election of the Tenants Association officers. President is Mr. Thomas Godfrey; vice-president, Mr. Fred Cooper; secretary, Mr. Eddie Johnson; treasurer, Mr. Holland; Chaplain, Rev. Elijah Williams. Note the men have it!!!

In August (or was it September?) the Garden Club won another award. They win one almost every year. (We need an award wall!)

The Garden Club chaired by Mrs. Mayse was hostess to a supper in the community room to which all were invited. The menu was mostly all veggies grown in their own garden and covered dishes from the

tenants. It was a unique and lovely affair.

In October on Halloween, the floor captains chaired by Mable Kearney gave lollipops, etc., to all the children who came to visit in the building that day. That evening the tenants and their invited guests were treated to a halloween party. The trick was to see that all had a good time. They came thru with flying colors. There were party goodies, games played and prizes won for the best and funniest costumes and their runners up. The floor captains were quite pleased with the good turn-out, and thanked all for making it a success.

This brings us up to date. Don't know as yet what is on the agenda for this year's ending, but I promise to write the next time we have something to share with you. Meanwhile may God continue to smile on you.

Alma Hanks

## NC Associates

A warm congenial spirit filled the community room on Nov. 14. The Senior Citizen Organization was celebrating its 7th anniversary. Ms. Maude Jones, the president, received a beautiful plaque, which surprised her very much.

Rev. Malachi Roundtree from the United Community Baptist Church took time from his busy schedule to be with us and did the innovation. The 140 Gospel Chorus and the 180 Inspirational Chorus and poems that were read were the source of entertainment. It was really a joyful and lively evening. The refreshments were plentiful as was the friendly atmosphere. The club members thank everyone who helped to make their affair a success. A special thanks to Sister Veronica for the beautiful job she did on the programs, to Rev. Roundtree for his participation, and the choirs for their joyous inspiring songs. Thank you one and all, those that served

too, as we go into another year.

The months of November and December are very dismal for many people. The impact of loneliness and despondency becomes more severe. Those who are more fortunate should do whatever they can to make these people's holidays a little brighter. Several seniors have pen pals at the North Jersey Developmental Center Home Friends Program in Totawa, N.J. Among those who are sharing and caring are Maude Jones and Ellen Watson, who plan to send a Christmas package to their pen pals. Others are crocheting lap robes. It doesn't always take a lot to make someone happy. It helps just to know that someone cares enough to take time to do something for you or spend time with you. Loving, giving and sharing is what Christmas is about.

Phyllis Burton

## Correction

In the November issue of the Clarion, an error described Brother Stephen Synan as principal of Blessed Sacrament School and omitted Sister Jane McKenna.

Brother Stephen Synan, F.M.S. is

principal of Queen of Angels School and Sister Jane McKenna is principal of Blessed Sacrament.

Both Newark schools are involved in the Chapter I program.

We regret the error.

## NC Commons Seniors

The Oldies But Goodies Club has done it again, with their "Card Party." This time prizes were awarded to the winners of different card games. The unique feature of the event was the fortune teller in the form of Mrs. Bea Harris.

We will miss Osteena Hill, president of the Oldies But Goodies for a while. She has gone to the hospital. We wish her a speedy recovery. Our community room decorator Zephra Johnson is also in the hospital.

You don't know what you are missing on Fridays and Saturdays if you haven't tasted the delicious fish or chicken dinners prepared by Mrs. Cora Barfield and Mr. Ralph Simpson. The dinners are for sale for \$3.00 between 12 noon and 5 p.m. Anyone (even outside people) can call 653-7666 to order them.

Connie Wise

## December At Gardens Seniors

Christmas dinner, birthday celebrations, gift giving and responsible neighbors. Isn't this what the season is all about? The arts and crafts club and the floor captains are making sure each apartment door has a small decoration to welcome friends and neighbors, and to remind them that this season is a season of joy for everyone.

Each resident is preparing his favorite dish or baked goods for this special occasion and joining the festivities. We have dedicated the month of December for reaching out and touching someone's life. Just our small way of making this world, this community, a better place to be.

Blessed Christmas and a Happy Healthy New Year "87"

## Party For Workers At Douglass - Harrison



Employees of Douglass-Harrison dig into a delicious pre-Thanksgiving pot luck meal held in their offices.

## Big Birds Prepared For Thanksgiving Meals



Preparations for the big Thanksgiving meal keeps Babyland III kitchen workers busy. (L-R) Maria Baez, Alice Holmes, Oliver Cummings, and Joanne Nassiruddin contribute their talents to the occasion's success.

233 W. Market Street

at

Newark, N.J. 07103



Join us for a relaxing musical interlude with  
"Thursday Night Showcase"

Featuring N.C.C.E.

a New Community Creative Ensemble

in the atrium beginning at 6:30 p.m.

Buffet until 11:00 p.m.

Cash Bar



## There Is Born To You This Day... A Savior, Who Is Christ The Lord

Significant is this day when the invisible God, in a Child, came down to earth in the flesh and blood of a normal human life, to signal the coming of a new power into the hearts and lives of men which could make them redeemed sons of the living God. God unveiled Himself, and the inaudible became audible — the invisible became visible — the intangible became tangible — the unapproachable became accessible. A new age dawned. God in Christ was born to save sinful man and revoke his sentence.

Of all the births the world ever knew, none has stirred the imagination, so appealed to the poetic impulse, and so thrilled the heart of humanity as the birth of Jesus. It has caused more pictures to be painted, more poems to be written, more literature to be produced, more discussions by theological,

philosophical, and polemic minds than any other birth in history. His birth was proclaimed by prophets, announced by angels, sung by shepherds, and wondered at by wise men.

No unusual occurrences attended the births of Genghis Kahn, Caesar, Napoleon, Peter the Great. Nor were there any special dispensations with the coming of Diogenes, Confucius or Karl Marx. But when Jesus came, heaven hung its brightest star in the Bethlehem sky to mark the place of His mundane coming. This Divine entry was not by any drama of spectacle but by the august aspect of a child. No bands blared electronically the arrival, but proclaiming angelic hosts dulcetly sang His triumphant intervention.

There were shepherds living out in the fields watching over their flock that night when an angel of the Lord

stood before them and assured to them not to be afraid for he brought "good tidings of great joy." Now there were other people in the vicinity of Bethlehem but the herald angel spoke not to them but to the rustic and probably the unschooled shepherds, perhaps symbolic that the new Incarnate Deity was destined to bring His message of hope to those who most needed to receive it.

This Christmas let us remember and observe the true meaning and significance of Christmas: the Holy Gift God gave to us and the world; and the "good tidings of great joy" that 'Christ is born.' Lewis Graves

## Christmas

Christmas is a promise,

Christmas is a prayer,

Christmas is the magic

And the joy that's in the air.

Christmas is the gift of love

God gives to all mankind,

Christmas is a hope reborn,

A peace of heart and mind.

Christmas is a host of things

To comfort, cheer, and ease —

God grant that at this holy time

Your heart will know all these!

## The Joy Of A Child



Jamaal Cosby enjoys life as only a healthy 15-month-old can.

## St. Rose Students Remember Veterans

When most schools in the area were closed in observance of Veterans' Day on Tuesday, November 11, the students at St. Rose of Lima were in school; and most felt proud to be.

The boys and girls observed this day dedicated to our War Veterans by donating their candy and gum money for one day to the Veterans' Bedside Network, a program sponsored by WOR radio in New York.

After hearing about the program on the radio that morning, the boys and girls at St. Rose of Lima School decided to take an active part. This program hosted by John Gambling allowed people who wanted to make contributions to this project to call the station and pledge. Proceeds from the program will go toward sponsoring entertainment over the Christmas holidays for hospitalized war veterans throughout the New York-New Jersey area. We were told that an average show costs approximately \$850.00 to produce.

It was suggested by Mr. Arthur L. Wilson, the Principal, that any contribution should be made to the memory of someone who was familiar to us. Recalling the monument dedicated to Rev. John Patrick Washington, he stated that it was

fitting that the students make their contribution to his memory.

"Father Washington," explained Mr. Wilson, "had been a student at St. Rose of Lima School in pre-World War II days. He later returned to St. Rose of Lima Parish as a priest before serving in the U.S. Navy on the Dorchester." It was the Dorchester, we may remember, which sank after having been torpedoed by enemy ships. Father Washington went down with the ship after he gave his life jacket to a fellow seaman.

Mrs. Brady, the second grade teacher, remembers when members of Father Washington's family were still attending St. Rose's. "There were many of them," she recalls. "Each one was fully aware of the legacy, he (Fr. Washington) left and the supreme sacrifice he made. His family still lived in the Roseville area until a short while ago.

Kashaka Thigpen and Kimberly Council, both eighth graders, called the radio station to make the pledge of \$53.00 for the project in the name of Fr. Washington.

Having to come to school on Veterans' Day was perhaps not so bad after all.



Kimberly Council and Kashaka Thigpen stand proudly by Fr. Washington's statue behind their school.

Have a Blessed Christmas and a Joyous New Year